

## MEMBER APPRECIATION



# Spring/Summer Fitness Series!

**FREE TO NYA MEMBERS!**



**Join us for FOUR great summer workouts.**

**FREE to NYA members!**

These extreme workouts will be fun, challenging and will help you get ready for the beach!

**All levels are welcome!**

**NYA Members: FREE!**

**Non-Members: \$10**

**SPACE IS LIMITED!**

Register at the Fitness Center desk.

▶ **Sunday, May 7th 9:00-10:30 am**  
**GROUP FITNESS CHALLENGE 1**

90 minute rotation including:

- SPINNING
- P90X
- Circuit Training

▶ **Sunday, June 4th 9:00-10:30am**  
**GROUP FITNESS CHALLENGE 2**

Save the Date! — Details coming soon

▶ **Sunday, July 2nd 9:00-10:30am**  
**BOOT CAMP—XTREME**

Save the Date! — Details coming soon

▶ **Sunday, August 6th 9:00-10:30am**  
**BOOT CAMP—FAMILY**

Bring the whole family (ages 8+)!  
Adults and kids have separate workouts but the theme of family fitness is shared by all. Fun but challenging workouts will keep you moving!

